

Appendix R Main and subsidiary food groups and disaggregation categories

Main and subsidiary food groups

Food groups are expressed as integers

Subsidiary food groups are integers with an alphabetical suffix

Cereals and Cereal Products

1 Pasta, rice and other miscellaneous cereals

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| 1A | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Pasta (replaced by 1D and 1E)</i> |
| 1B | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Rice (replaced by 1F and 1G)</i> |
| 1C | Pizza | All types - thin and crispy, deep pan, French bread, etc. Includes homemade pizza |
| 1D | Pasta (manufactured products and ready meals) | All types of purchased/retail products or ready meals based on pasta or noodles; includes filled fresh pasta and canned pasta <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 1E | Pasta (other, including homemade dishes) | Dried and cooked plain pasta (including fresh pasta and gluten-free), egg noodles and recipes for homemade dishes (including macaroni cheese) <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 1F | Rice (manufactured products and ready meals) | All types of purchased/retail products or ready meals based on rice; includes ready meal risotto, ready cooked rice. <i>Not purchased rice pudding. Not takeaway rice dishes</i> <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |

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| 1G | Rice (other, including homemade dishes) | Raw and cooked plain rice, rice flour, rice flakes, rice noodles and recipes for homemade dishes, including fried rice, risotto. Rice dishes from a takeaway (eg egg fried or pilau rice). <i>Not homemade rice pudding</i> <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 1R | Other cereals | Includes flour (not rice flour), cous cous, bran, oats, semolina, papadums/poppadoms, dumplings, Yorkshire pudding |
| | | |
| 2 White bread | | |
| 2R | White bread (not high fibre, not multiseed bread) | Sliced, unsliced, toast, fried. Includes all types of bread and bread products made with white wheat flour: French stick, milk loaf, slimmers, pitta bread, rolls, chappatis, soda bread, brioche, panini, focaccia, ciabatta, plain bagels, plain naan, garlic bread, cheese garlic bread, English muffins (white only), crumpets/pikelets, wheat tortillas, puri. <i>Not fruit loaf. Not high fibre. Not multiseed bread</i> |
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| 3 Wholemeal bread | | |
| 3R | Wholemeal bread | Sliced, unsliced, toast, fried. Includes all types of bread and bread products made with wholewheat flour: chappatis, pitta bread, rolls, hi-bran bread, wholemeal soda bread, wholemeal multi-seeded, wholemeal puri and roti, paratha, wholemeal English muffins, wholewheat tortillas |
| | | |
| 59 Brown, granary and wheatgerm bread | | |
| 59R | Brown, granary and wheatgerm bread | Sliced, unsliced, toast, fried. Includes Vitbe, rolls, Hovis Best of Both, Kingsmill 50/50, softgrain, brown chappatis, high fibre white bread, multiseed white bread <i>New food group set up for the NDNS Rolling Programme</i> |
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| 4 Other breads | | |
| 4A | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Softgrain bread (replaced by 59R)</i> |

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| 4R | Other bread | Breads made with non-wheat flour; sliced, unsliced, toast, fried. Includes rye bread, gluten free, oatmeal bread, besan flour chappatis, soya and linseed bread. <i>Food group revised to exclude brown, granary and wheatgerm bread (see food group 59R)</i> |
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| 5 High fibre breakfast cereals | | |
| 5R | High fibre breakfast cereals | All breakfast cereals with non-starch polysaccharide (Englyst fibre) of 4g/100g or more. Eg All Bran, muesli, Shredded Wheat. Includes porridge & Ready Brek |
| | | |
| 6 Other breakfast cereals | | |
| 6R | Other breakfast cereals (not high fibre) | All breakfast cereals with non-starch polysaccharide (Englyst fibre) of less than 4g/100g. Eg Cornflakes, Coco Pops, Sugar Puffs. Includes Pop Tarts |
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| 7 Biscuits | | |
| 7A | Biscuits (manufactured/retail) | All types of purchased/retail biscuits, sweet and savoury. Includes cream crackers, flapjacks, breadsticks, oatcakes, rice cakes, crispbread, cereal bars, ice cream cornet/wafers, gluten free biscuits. <i>Not caramel shortcake</i> <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 7B | Biscuits (homemade) | All types of homemade biscuit, sweet and savoury <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 7R | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Biscuits (replaced by 7A and 7B)</i> |
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| 8 Buns, cakes, pastries and fruit pies | | |
| 8A | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Fruit pies (replaced by 8B and 8C)</i> |

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| 8B | Fruit pies (manufactured) | All types of purchased/retail fruit pies, one and two crusts; includes strudel, individual fruit pies from takeaways <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 8C | Fruit pies (homemade) | All types of homemade fruit pies, any fruit, any pastry <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 8D | Buns cakes and pastries (manufactured) | Includes any purchased/retail buns, cakes or pastries; danish pastries, currant bun, doughnuts, American muffins, eccles cakes, Bakewell tarts, jam tarts, scones (sweet and savoury), sponge cakes, fruit cakes, eclairs, fruit loaf, malt loaf, gateaux, pastry, mince pies, sponge fingers, scotch pancakes, croissants, custard tart, lemon meringue pie, egg custard, caramel shortcake <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 8E | Buns cakes and pastries (homemade) | All types of homemade buns, cakes and pastries. Includes pastry and potato scones. <i>Not fruit pies</i> <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 8R | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously buns, cakes and pastries(replaced by 8D and 8E)</i> |
| 9 | Puddings | |
| 9A | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Cereal based milk puddings (replaced by 9C and 9D)</i> |
| 9B | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Sponge puddings (replaced by 9E and 9F)</i> |
| 9C | Cereal based milk puddings (manufactured) | Includes any purchased/retail cereal based milk puddings; rice pudding (including canned), custard (not egg custard), Angel Delight, blancmange, confectioners custard, sweet white sauce. Includes sweet packet mixes and custard packet mix made up with milk or soya milk <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |

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| 9D | Cereal based milk puddings (homemade) | All types of homemade cereal based milk puddings. <i>Not made up packet mixes</i> <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 9E | Sponge puddings (manufactured) | All types of retail/purchased sponge puddings, includes steamed, canned, suet pudding, jam roly poly, sponge flan, upside down pudding, treacle sponge, spotted dick <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 9F | Sponge puddings (homemade) | Includes any other sponge puddings and those made from homemade recipes <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 9G | Other cereal based puddings (manufactured) | Any other types of pudding purchased/retail. Includes trifle, pancakes, crumble, bread pudding, summer pudding, cheesecakes, tiramisu, rum baba, Christmas pudding, jelly cubes <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 9H | Other cereal based puddings (homemade) | Includes any other type of pudding made from homemade recipes. Includes jelly made up with water <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 9R | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Other cereal based puddings (replaced by 9G and 9H)</i> |

Milk and Milk Products

10 Whole milk

10R Whole milk All types of whole cow's milk including pasteurised, UHT, sterilised, Channel Island, milk with added fatty acids

11 Semi-skimmed milk

11R Semi-skimmed milk All types of semi-skimmed cow's milk including pasteurised, UHT, sterilised, canned, milk with added vitamins or fatty acids

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| 60 | 1% Milk | |
| 60R | 1% Milk | Includes 1% and 0.75% fat milk <i>New food group set up for the NDNS Rolling Programme (from year 2)</i> |
| 12 | Skimmed milk | |
| 12R | Skimmed milk | All types of skimmed cow's milk including pasteurised, UHT, sterilised, canned, milk with added vitamins or fatty acids, Flora Pro.Activ |
| 13 | Other milk and cream | |
| 13A | Infant formula | Includes all types of infant formula and progress milks, dry powder or ready made; SMA, Cow and Gate, Milupa, Nanny, Farleys, Hipp |
| 13B | Cream (including imitation cream) | All types, including; single, double, whipping, sour, imitation cream, aerosol, dream topping, Tip Top, creme fraiche |
| 13R | Other milk ¹ | Includes goats, sheeps, evaporated, condensed, dried milk, milkshake, milk with added fibre, coffee whitener, buttermilk, flavoured milk drinks, purchased hot chocolate, breast milk, and all milk alternatives including soya, rice, oat and lactose-free |
| 14 | Cheese | |
| 14A | Cottage cheese | Includes diet and flavoured varieties |
| 14B | Cheddar cheese | All types, including reduced fat cheddar cheese <i>New subsidiary food group set up for NDNS year 3</i> |
| 14R | Other cheese ² | All types except cottage and cheddar. Includes hard, soft, cream cheese, processed, reduced fat cheeses, vegetarian cheese, cheese spread, tofu and soya cheeses, sheep and goats cheeses, Benecol cheese. <i>Not fromage frais or Quark</i> |
| 15 | Yogurt, fromage frais and other dairy desserts | |

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| 15A | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Fromage frais (replaced by 15C and 15D)</i> |
| 15B | Yogurt | All types including soya, goats, sheeps, yogurt mousse, yogurt drink/smoothie, lassi, frozen yogurt, custard style yogurt, Greek yogurt, Yakult |
| 15C | Fromage frais and other dairy desserts (manufactured) | All types of manufactured fromage frais or other dairy based desserts, includes chocolate and fruit cream desserts, mousse, milk jelly, junket, buttermilk desserts, fruit fools, creme caramel, panna cotta, chilled soya desserts, quark, egg custard <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 15D | Dairy desserts (homemade) | Includes any type of homemade fromage frais or dairy dessert <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 15R | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Other dairy desserts (replaced by 15C and 15D)</i> |
| 53 | Ice cream | |
| 53R | Ice cream | All types of ice cream, dairy and non-dairy, choc ices, ice cream desserts eg Arctic roll, ice cream containing lollies, milk ice lollies, low fat/low calorie ice cream, sorbet |

Eggs and Egg Dishes

16 Eggs and egg dishes

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| 16A | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Eggs (replaced by 16C and 16D)</i> |
| 16B | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Egg dishes (replaced by 16C and 16D)</i> |
| 16C | Manufactured egg products including ready meals | Any type of manufactured/retail egg dishes including ready meals: quiches, flans, scotch eggs, meringue, pavlova, curried eggs, egg mayonaise sandwich filler <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |

- 16D Other eggs and egg dishes including homemade Includes all types of egg (duck, hen, goose) boiled, fried, scrambled, poached, dried, omelettes (sweet or savoury), egg bread. Includes any homemade egg recipe dish
New subsidiary food group set up for the NDNS Rolling Programme

Fat Spreads

17 Butter³

- 17R Butter Salted and unsalted, butter ghee, spreadable butter. *Not light spreadable butter, not half fat butter, not brandy butter*

18 Polyunsaturated margarine and oils³

- 18A Polyunsaturated margarine Margarine claiming to be high in polyunsaturated fatty acids

- 18B Polyunsaturated oils Includes corn oil, sunflower oil, solid sunflower oil

19 Low fat spread³

- 19A Polyunsaturated low fat spread Spreads containing 40% or less fat, claiming to be high in polyunsaturated fatty acids. Includes cholesterol lowering spreads

- 19R Low fat spread not polyunsaturated Spreads containing 40% or less fat, not claiming to be high in polyunsaturated fatty acids. Includes cholesterol lowering spreads and half fat butter

20 Margarine and other cooking fats and oils NOT polyunsaturated³

- 20A Block margarine All hard margarine and block fats (75-90% fat)

- 20B Soft margarine not polyunsaturated Tub margarine not claiming to be high in polyunsaturated fatty acids

- 20C Other cooking fats and oils not polyunsaturated Includes blended vegetable oil, suet (animal and vegetable), lard, compound cooking fat, dripping, olive oil, rapeseed oil, ghee made from oil, animal fats

21 Reduced fat spread³

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| 21A | Reduced fat spread (polyunsaturated) | Spreads containing more than 40% and less than 80% fat, claiming to be high in polyunsaturated fatty acids. Includes cholesterol lowering spreads |
| 21B | Reduced fat spread (not polyunsaturated) | Spreads containing more than 40% and less than 80% fat, not claiming to be high in polyunsaturated fatty acids; includes spreads made with olive oil or rapeseed oil and light spreadable butter. Includes cholesterol lowering spreads |

Meat and Meat Products

22 Bacon and ham

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| 22A | Ready meals/meal centres based on bacon and ham | Any types of bacon and ham purchased/retail products including ready meals <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 22B | Other bacon and ham (including homemade dishes) | Includes bacon and gammon joints, steaks, chops and rashers, any ham except in ready meals <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 22R | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Bacon and ham (replaced by 22A and 22B)</i> |

23 Beef, veal and dishes

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| 23A | Manufactured beef products (including ready meals) | Any types of beef and veal products purchased/retail, including ready meals, canned beef products and pastrami <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 23B | Other beef & veal (including homemade recipe dishes) | Includes beef and veal joints, steaks, mince, cooked beef slices and homemade recipes for stews, casseroles, meat balls, lasagne, chilli, beef curry, bolognese sauce, cottage pie. Includes beef based takeaway dishes <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 23R | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Beef, veal and dishes (replaced by 23A and 23B)</i> |

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| 24 | Lamb and dishes | |
| 24A | Manufactured lamb products (including ready meals) | Any types of lamb product purchased/retail, including ready meals and canned products <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 24B | Other lamb (including homemade recipe dishes) | Includes lamb joints, chops, fillets and homemade recipes for Irish stew, shepherds pie, lamb curries and casseroles. Includes lamb based takeaway dishes <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 24R | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Lamb and dishes (replaced by 24A and 24B)</i> |
| 25 | Pork and dishes | |
| 25A | Manufactured pork products (including ready meals) | Any types of pork product (not ham or bacon) purchased/retail including ready meals and canned pork products <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 25B | Other pork (including homemade recipe dishes) | Includes pork joints, chops, steaks, belly rashers, crackling and homemade recipes for stews, casseroles, sweet and sour pork. Includes pork based takeaway dishes <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 25R | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Pork and dishes (replaced by 25A and 25B)</i> |
| 26 | Coated chicken and turkey manufactured | |
| 26A | Manufactured coated chicken/turkey products | Any type of coated chicken or turkey products purchased/retail or takeaway. Includes Kentucky Fried Chicken, nuggets, drumsticks, chicken kiev, burgers (with/without bun) <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |

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| 26R | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Coated chicken and turkey (replaced by 26A and 27B)</i> |
| 27 Chicken and turkey dishes | | |
| 27A | Manufactured chicken products (including ready meals) | Any type of chicken or turkey products purchased/retail, including ready meals, sandwich fillings, canned chicken/turkey and dishes. <i>Not chicken/turkey sausages. Not coated chicken/turkey</i> <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 27B | Other chicken/turkey (including homemade recipe dishes) | Includes chicken and turkey roasts, barbecued, curries, stews, casseroles and any other homemade recipes, including coated chicken or turkey. Includes takeaway dishes. <i>Not liver or giblets</i> <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 27R | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Chicken and turkey dishes (replaced by 27A and 27B)</i> |
| 28 Liver, products and dishes | | |
| 28R | Liver and dishes | Any type of liver (fried, stewed, braised, grilled) and liver dishes; liver casserole, liver sausage, liver pate. Includes liver-based ready meals |
| 29 Burgers and kebabs | | |
| 29R | Burgers and kebabs purchased | Any type of purchased/retail or takeaway burger or kebab products including beefburgers, hamburgers, cheeseburgers, (with or without roll) doner/shish/kofte kebabs (with or without pitta bread and salad), grillsteaks, steaklets. <i>Not homemade burgers or kebabs; not chicken</i> |
| 30 Sausages | | |
| 30A | Ready meals based on sausages | Any type of manufactured product/ready meal, eg toad in the hole, sausage and mash <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |

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| 30B | Other sausages (including homemade dishes) | All types of sausage and homemade sausage dishes, including takeaway. Beef, pork, chicken/turkey sausages, polony, sausage in batter, saveloy, frankfurters, sausage casseroles, toad in the hole, sausage meat stuffing, canned sausages. <i>Not sausage rolls</i> <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 30R | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Sausages (replaced by 30A and 30B)</i> |
| 31 Meat pies and pastries | | |
| 31A | Meat pies and pastries (manufactured) | Any type of purchased/retail meat pies and pastries: chicken, turkey, beef, ham, steak and kidney, pork pies, game pie, meat samosas, meat pancake rolls, Cornish pasties, sausage rolls <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 31B | Meat pies and pastries (homemade) | Includes any type of homemade meat pies or pastries <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 31R | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Meat pies and pastries (replaced by 31A and 31B)</i> |
| 32 Other meat and meat products | | |
| 32A | Other meat products (manufactured including ready meals) | Any other type of purchased/retail meat products, canned meat or ready meal, including pepperami, corned beef, luncheon meat, meat paste, meat loaf, black/white pudding, faggots, haggis, salami, haslet, tongue, garlic sausage <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |

32B Other meat (including homemade recipe dishes) Includes any other meat such as game (venison, grouse, rabbit, pheasant), duck, goose, pigeon, offal (not liver), giblets, oxtail and homemade recipe dishes
New subsidiary food group set up for the NDNS Rolling Programme

32R *Not used for the NDNS Rolling Programme*

Previously Other meat and meat products (replaced by 32A and 32B)

Fish and Fish Dishes

33 White fish coated or fried

33R White fish coated or fried Any type of white fish or roe (cod, plaice, haddock etc) purchased/retail or homemade, coated and/or fried. Includes battered and fried takeaway white fish, fried, grilled or baked fish fingers, fish cakes, scampi, McDonalds Fillet o Fish

34 Other white fish, shellfish and fish dishes

34A *Not used for the NDNS Rolling Programme*

Previously Other white fish and fish dishes (replaced by 34C and 34D)

34B *Not used for the NDNS Rolling Programme*

Previously Shellfish (replaced by 34E and 34F)

34C Manufactured white fish products (including ready meals) Any type of white fish (cod, plaice, haddock etc) product purchased/retail including ready meals, e.g. white fish in sauce. *Not coated fish*
New subsidiary food group set up for the NDNS Rolling Programme

34D Other white fish (including homemade dishes) Includes poached, steamed, grilled, baked, smoked, dried white fish, caviar, and homemade white fish dishes, e.g. kedgeree, fish curry
New subsidiary food group set up for the NDNS Rolling Programme

34E Manufactured shellfish products (including ready meals) Any type of shellfish purchased/retail product including shellfish based ready meals. Includes canned shellfish. *Not takeaway shellfish products*
New subsidiary food group set up for the NDNS Rolling Programme

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| 34F | Other shellfish (including homemade dishes) | Includes any type of shellfish (mussels, prawns, crab etc) and homemade and takeaway shellfish dishes <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 34G | Manufactured canned tuna products (including ready meals) | Any purchased/retail product based on canned tuna, including tuna sandwich fillers and purchased tuna in sauce/dressing. Includes canned tuna (in brine, oil (any), spring water) <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 34H | Other canned tuna (including homemade dishes) | Includes homemade recipes based on canned tuna <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
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| 35 | Oily fish | |
| 35A | Manufactured oily fish products (including ready meals) | Any type of oily fish purchased/retail product including canned in oil/brine/tomato, pickled, sushi, ready meals, taramasalata, pate, paste <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 35B | Other oily fish (including homemade dishes) | Includes any oily fish or roe such as herrings, kippers, mackerel, sprats, eels, salmon, tuna (<i>not canned</i>), sardines, trout (baked, fried, grilled). Also homemade recipes based on oily fish <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 35R | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Oily fish (replaced by 34G, 34H, 35A and 35B)</i> |

Vegetables, Potatoes

36 Salad and other raw vegetables

36A Carrots (raw)

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| 36B | Salad and other raw vegetables | All types of raw vegetables, including coleslaw, tzatziki, guacamole, fresh herbs. Purchased or homemade. <i>Not salads made with cooked vegetables or potato salad</i> |
| 36C | Tomatoes raw | |
| 37 | Vegetables (not raw) | |
| 37A | Peas not raw | Includes canned and pease pudding canned. Includes cooked dried, mushy, frozen and mange tout peas. Includes pea curry |
| 37B | Green beans not raw | Includes cooked (fresh or frozen) or canned French, runner and green beans |
| 37C | Baked beans | Canned baked beans in sauce. Includes baked beans with additions e.g. sausages, burgers, pasta |
| 37D | Leafy green vegetables not raw | Includes cooked or canned broccoli, spinach, cabbage (all types), brussels sprouts, chard |
| 37E | Carrots not raw | Includes boiled, fried, canned |
| 37F | Tomatoes not raw | Includes fried, grilled, canned, sundried tomatoes and passata |
| 37G | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Vegetable dishes (not raw)(replaced by 37I, 37K, 37L and 37M)</i> |
| 37I | Beans and pulses (including ready meal & homemade dishes) | Any type of lentils, dried beans and pulses, and purchased/retail products, takeaway and homemade dishes based on these. Includes hummous, dahl, dosa, falafel, soya flour. <i>Not baked beans. Not soup</i> <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |

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| 37K | Meat alternatives (including ready meals and homemade dishes) | Any type of products based on meat alternatives such as textured vegetable protein (TVP), soya mince, Quorn and tofu. Includes ready meals and homemade dishes based on these <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 37L | Other manufactured vegetable products (including ready meals) | Any type of purchased/retail vegetable products, including ready meals <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 37M | Other vegetables (including homemade dishes) | Includes all other non-raw vegetables and homemade vegetable dishes such as vegetable curries, casseroles and stews, pies, vegetable lasagne, cauliflower cheese, vegieburgers (not soya/tofu), bubble and squeak, vegetable samosas, pancake rolls, ratatouille, vegetable fingers, vegetable stir-fries etc. Includes pickled vegetables. Includes vegetable based takeaway foods <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 37R | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Other vegetables (not raw) (replaced by 37I, 37K and 37M)</i> |
| 38 | Chips, fried and roast potatoes and potato products | |
| 38A | Chips purchased including takeaway | Any type of purchased/retail or takeaway chips or French fries, including fresh and frozen, oven and microwave |
| 38B | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Fried or roast potatoes and fried potato products (replaced by 38C and 38D)</i> |
| 38C | Other manufactured potato products fried/baked | Any other type of purchased/retail potato product (not chips) such as roast potato, sliced potato with or without batter, waffles, croquettes, crunchies, alphabites, fritters, hash browns, wedges. Fried, grilled or baked <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |

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| 38D | Other fried/roast potatoes (including homemade dishes) | Any homemade fried or roast potato products, including chips and potatoes roasted in fat <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 38R | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Potato products not fried (replaced by 38C)</i> |
| 39 | Other potatoes, potato salads and dishes | |
| 39A | Other potato products and dishes (manufactured) | Any other type of potato product, purchased/retail. Including instant potato (Smash), canned potatoes, potato salad and potato based ready meals (cheese and potato pie, aloo curries) <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 39B | Other potatoes (including homemade dishes) | Includes all other types of potato such as boiled, mashed, baked and homemade potato salads and dishes <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 39R | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Other potatoes, potato salads and dishes (replaced by 39A and 39B)</i> |

Savoury Snacks

42 Crisps and savoury snacks

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| 42R | Crisps and savoury snacks | Includes all potato and cereal based snacks, popcorn (not sweet), twiglets, pretzels, pork scratchings |
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Nuts and Seeds

56 Nuts and seeds

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|-----|----------------|--|
| 56R | Nuts and seeds | Includes fruit and nut mixes, coconut, salted peanuts, nut butters, tahini, bombay mix |
|-----|----------------|--|

Fruit

40 Fruit

| | | |
|-----|-----------------------------|---|
| 40A | Apples and pears not canned | Includes raw, baked, stewed (with or without sugar), dried, apple sauce. Includes Asian pears |
|-----|-----------------------------|---|

| | | |
|-----|-------------------------|--|
| 40B | Citrus fruit not canned | Includes oranges, grapefruit, limes, tangerines, ortaniques etc |
| 40C | Bananas | Includes baked bananas, banana chips |
| 40D | Canned fruit in juice | Includes canned in water. Includes prunes |
| 40E | Canned fruit in syrup | |
| 40R | Other fruit not canned | Includes plums, grapes, apricots etc; raw and stewed. Fruit pie fillings, dried fruit, fruit salad |

Sugar, Preserves and Confectionery

41 Sugars, preserves and sweet spreads

| | | |
|-----|----------------------------------|---|
| 41A | Sugar | Includes glucose, golden syrup, treacle, maple syrup |
| 41B | Preserves | Includes jam, fruit spreads, marmalade, honey, lemon curd. Includes low sugar types |
| 41R | Sweet spreads fillings and icing | Includes ice cream topping sauce, chocolate spread, mincemeat, glace cherries, mixed peel, icing, brandy/rum butter, marzipan |

43 Sugar confectionery

| | | |
|-----|---------------------|--|
| 43R | Sugar confectionery | Includes boiled sweets, gums, pastilles, fudge, chews, mints, rock, liquorice, toffees, chewing gum, sweet popcorn, ice lollies (without ice cream), nougat, halva |
|-----|---------------------|--|

44 Chocolate confectionery

| | | |
|-----|-------------------------|--|
| 44R | Chocolate confectionery | Includes chocolate bars, filled bars, assortments, carob, diabetic and low calorie chocolate |
|-----|-------------------------|--|

Non-Alcoholic Beverages

45 Fruit juice

| | | |
|-----|-------------|--|
| 45R | Fruit juice | Includes 100% single or mixed fruit juices/smoothies, sweetened or unsweetened, canned, bottled, cartons, carbonated, still, freshly squeezed, vegetable juice |
|-----|-------------|--|

| | | |
|-----------|---|---|
| 61R | Smoothies | 100% fruit and/or juice (not smoothies containing dairy) <i>New subsidiary food group set up for NDNS year 3</i> |
| | | |
| 57 | Soft drinks, not diet | |
| 57A | Soft drinks not low calorie concentrated ¹ | All types including squashes and cordials and water used as a diluent |
| 57B | Soft drinks not low calorie carbonated | All types, including tonic water and carbonated energy drinks. <i>Not carbonated mineral water; Not alcoholic lemonade</i> |
| 57C | Soft drinks not low calorie, ready to drink, still | All types of still soft drinks and energy drinks, not carbonated. Includes RTD Ribena and Sunny D |
| | | |
| 58 | Soft drinks, diet | |
| 58A | Soft drinks low calorie concentrated ¹ | All low calorie, no added sugar, sugar free types and water used as a diluent |
| 58B | Soft drinks low calorie carbonated | All low calorie, no added sugar, sugar free types; includes slimline tonic water and low calorie energy drinks. <i>Not carbonated mineral water</i> |
| 58C | Soft drinks low calorie, ready to drink, still | All types of still soft drinks and energy drinks, not carbonated; low calorie, no added sugar, sugar free types |
| | | |
| 51 | Tea, coffee and water | |
| 51A | Coffee (made up weight) | Includes instant and leaf bean, decaffeinated, vending machine with whitener, coffee essence, water used as a diluent and instant/takeaway latte, cappuccinos, mochas |
| 51B | Tea (made up) | Infusion, instant, decaffeinated, vending machine with whitener and water used as a diluent. Includes green and instant fruit/herbal |
| 51C | Herbal tea (made up) | |
| 51D | Bottled water still or carbonated | Includes carbonated and still, herbal tonics. <i>Not sweetened drinks or tonic water</i> |

51R Tap water only Includes water drunk alone, used in recipes, or used as diluent for powdered beverages only. *Not water as diluent for concentrated soft drinks, instant coffee or instant tea*

Alcoholic Beverages

47 Spirits and liqueurs

47A Liqueurs Includes cream liqueurs, Pernod, Southern Comfort, Tia Maria, cherry brandy, Pimms

47B Spirits 70 % proof spirits (brandy, gin, rum, vodka, whisky)

48 Wine

48A Wine White, red, rosé, champagne and sparkling wines

48B Fortified wine Port, sherry, vermouth, martini

48C Low alcohol and alcohol free wine Includes fruit juice and wine drinks

49 Beer lager cider and perry

49A Beers and lagers Premium and non premium, stout, strong ale, low carbohydrate, homemade (bottled, draft and canned)

49B Low alcohol & alcohol free beer & lager Includes shandy

49C Cider and perry Includes Babycham

49D Low alcohol & alcohol free cider & perry

49E Alcoholic soft drinks (Alcopops) Includes fruit flavoured and spirit based alcoholic soft drinks, and low calorie versions, such as Bacardi Breezer

Miscellaneous

50 Miscellaneous

50A Beverages dry weight⁴ Includes drinking chocolate, cocoa, Ovaltine, Horlicks, malted drinks, milk shake powder etc

| | | |
|-----|--|---|
| 50B | <i>Not used for the NDNS Rolling Programme</i> | <i>Previously Soups (replaced by 50C and 50D)</i> |
| 50C | Soup ¹ (manufactured/retail) | Any type of purchased/retail soup products, includes dried, condensed, canned, fresh <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 50D | Soup (homemade) | All homemade soup recipes <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 50E | Nutrition powders and drinks | Includes Complan, Slimfast, Ensure, protein powders and meal replacement drinks <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 50R | Savoury sauces pickles gravies & condiments | Includes white sauces, cook in sauces, sauce mixes, tomato ketchup, Bovril/Marmite, pickles, chutney, stuffing, gravy, mayonnaise, salad cream and dressings, yeast, stock cubes, dried herbs and spices and tomato puree |

Commercial Toddlers Foods and Drinks

52 Commercial toddlers foods and drinks

| | | |
|-----|----------------------------|---|
| 52A | Commercial toddlers drinks | Includes powdered, concentrated and ready to drink beverages specifically manufactured for young children |
| 52R | Commercial toddlers foods | Includes instant and ready to eat foods specifically manufactured for young children |

Dietary Supplements

54 Dietary supplements

| | | |
|-----|---|--|
| 54A | <i>Revised for the NDNS Rolling Programme</i> | <i>Previously Tablets and capsules</i> |
| 54A | Cod liver oil and other fish oils | According to first oil named in product name <i>Subsidiary food group revised for the NDNS Rolling Programme years 1-3, replaced in year 4 by 54N and 54P</i> |

| 54B | Revised for the NDNS Rolling Programme | Previously Oils and syrups |
|------------|---|--|
| 54B | Evening primrose oil and other plant oils | According to first oil named in product name <i>Subsidiary food group revised for the NDNS Rolling Programme</i> |
| 54C | Revised for the NDNS Rolling Programme | Previously Drops and powders |
| 54C | Single vitamins/minerals not Folic acid, iron, calcium | <i>Subsidiary food group revised for the NDNS Rolling Programme years 1-3, replaced in year 4 by 54L and 54M</i> |
| 54D | Folic acid | <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 54E | Iron only or with vitamin C | <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 54F | Calcium only or with vitamin D | <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 54G | Vitamins (two or more including multivitamins) no minerals | <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 54H | Minerals (two or more including multiminerals) no vitamins | <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 54I | Vitamins and minerals (including multivitamins & minerals) | <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 54J | Non-nutrient supplements (including herbal) | Includes echinacea, aloe vera, St Johns wort, garlic capsules <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 54K | Other nutrient supplements | Includes kelp, glucosamine sulphate, royal jelly, cranberry, lecithin, brewers yeast, amino acid powders, caffeine <i>New subsidiary food group set up for the NDNS Rolling Programme</i> |
| 54L | Vitamin C | <i>New subsidiary food group set up for NDNS year 4</i> |
| 54M | Single vitamins/minerals not Folic acid, iron, calcium or vitamin C | <i>New subsidiary food group set up for NDNS year 4</i> |
| 54N | Cod liver oil and other fish oils (including with vitamins A,D,E) | <i>New subsidiary food group set up for NDNS Year 4</i> |

| | | |
|-----|--|--|
| 54P | Multivitamins and/or minerals with omega 3 | <i>New subsidiary food group set up for NDNS year 4</i> |
| 54R | Not used for the NDNS Rolling Programme | <i>Previously Nutritionally complete supplements (replaced by 50E)</i> |

Artificial Sweeteners

55 Artificial sweeteners⁵

| | | |
|-----|-----------------------|--|
| 55R | Artificial sweeteners | Includes granulated table top sweeteners, tablet, liquid or mini cube sweeteners |
|-----|-----------------------|--|

Disaggregation categories

Disaggregation categories are expressed as food types
 Specific foods within each disaggregation category are listed here, however this may not be an exhaustive list of all foods available

Fruit juice⁶ Any juiced fruit (including fruit juice in smoothies)

Smoothie fruit⁷ Pureed or crushed fruit contained in smoothies

Dried fruit Any dried fruit, not with added sugar
 Banana chips
 Currants
 Dates
 Prunes
 Raisins
 Sultanas

Fresh and canned fruit Apples
 Apricots
 Avocado
 Bananas
 Blackberries
 Blackcurrants
 Blueberries
 Cherries
 Cranberries
 Damsons
 Figs
 Gooseberries
 Grapefruit

Grapes
Greengage
Guava
Kiwi
Lemon
Lime
Loganberries
Lychees
Mangoes
Melons (any)
Nectarine
Olives
Oranges, any
Passion fruit
Peach
Pears
Pineapple
Plum
Pomegranate
Raspberries
Redcurrants
Rhubarb
Strawberries
White currants

Tomato puree

Tomato puree

Tomatoes

Tomatoes, any

Brassicaceae

Broccoli spears/calabrese
Brussel Sprouts
Cauliflower
Cress
Horseradish
Kohl rabi
Mooli
Pak choi/Bok choi
Radish
Red cabbage
Rocket
Savoy cabbage
Sea kale
Spring cabbage/greens

Sprouting broccoli
Swede
Swiss chard
Turnip
Turnip tops
Watercress
White cabbage
Winter/curly kale

Yellow, red and dark green leafy vegetables

Carrots (old and young)
Chinese leaves
Gourd
Jalapeno peppers and chillis - red
Parsley and other fresh herbs
Plantain
Pumpkin
Red pepper
Spinach
Squash (butternut)
Sweet potatoes
Vine leaves

Other vegetables

Artichokes
Asparagus
Aubergine
Beans (French/Green/Runner)
Beansprouts
Beetroot
Broad beans (fresh)
Capers
Celeriac
Celery
Chicory
Courgette
Cucumber
Endive
Fennel
Jalapeno peppers and chillis - green
Jerusalem artichokes
Yellow pepper
Garlic
Ginger Root
Green Banana

Green pepper
Leeks
Lettuce (iceberg, cos, webb, butterhead)
Marrow
Mushroom
Okra
Onion (including spring onion)
Parsnip
Peas (including mangetout and sugarsnap)
Raddiccio
Sweetcorn (including baby sweetcorn)
Water Chestnut
Yam

Beans and pulses

Baked beans
Balor
Blackeye
Butter
Chickpea
Flageolet
Haricot
Lentils
Mung
Pinto
Red kidney
Soya

Nuts

All nuts⁸

Sausages

Any meat consumed as a sausage

Burgers

Any meat consumed as a burger (not poultry)
Grill steaks

Offal

Brain
Heart
Kidney
Tongue
Tripe
Liver
Oxtail
Liver pâté

| | |
|---------------------------------------|---|
| Processed red meat⁹ | Manufactured, cured and/or dried meat, including bacon and ham |
| Processed poultry⁹ | Manufactured, cured and/or dried meat, including chicken paste |
| Lamb (red meat) | Any muscle meat ¹⁰ from: Mutton Lamb |
| Pork (red meat) | Any muscle meat ¹⁰ from: All types of pork, not bacon or ham |
| Beef (red meat) | Any muscle meat ¹⁰ from: Beef Veal |
| Other red meat | Any muscle meat ¹⁰ from: Goat Venison |
| Poultry (white meat) | Any muscle meat ¹⁰ from: Chicken Turkey |
| Game birds | Any muscle meat ¹⁰ from: Duck Goose Partridge Pheasant |
| White fish | Ayr Catfish Caviar Cod Cod roe Coley Dover sole Flounder Haddock Hake Halibut Hoki |

John Dory
Lemon Sole
Ling
Marlin
Monkfish
Mullet, red and grey
Skate
Plaice
Pollack
Red fish
Red snapper
Rock salmon/Dogfish
Rohu
Sea bass
Sea bream
Shark
Tilapia
Turbot
Whiting

Oily fish

Anchovies
Bloater
Carp Trout
Eel Mackerel
Herring
Hilsa
Kipper
Jack fish
Pangas
Pilchards
Salmon (including canned)
Sardines
Sprats
Swordfish
Tuna (fresh only)
Whitebait

Shellfish

Abalone
Clams
Cockles
Crab
Lobster
Mussels

| | |
|-----------------------|--|
| | Octopus |
| | Oysters |
| | Prawns |
| | Scallops |
| | Shrimps |
| | Squid |
| | Whelks |
| | Winkles |
| Canned tuna | Tuna (canned only) |
| Cottage cheese | Standard and low fat cottage cheese |
| Other cheese | All other types of cheese including reduced fat (<i>Revised for NDNS Year 3 onwards to exclude cheddar cheese</i>) |
| Cheddar cheese | All types including reduced fat cheddar cheese (<i>New disaggregation category set up for NDNS Year 3</i>) |

¹ Concentrated soft drinks, dried milk and dried soups are reported as made up

² 14R other cheese includes cheddar cheese for Years 1 and 2, from Year 3 cheddar cheese is reported in 14B.

³ Fats and oils used in cooking are reported with the food they are cooked with

⁴ Subsidiary group 50A covers only the dry weight of the powdered beverage. The water or milk used to make up the beverage is reported elsewhere

⁵ Consumption of artificial sweeteners is not reported in the food consumption tables

⁶ In Years 1 to 3 of the NDNS rolling programme, the Fruit juice category included both the fruit and fruit juice components of smoothies. In Year 4, a new Smoothie fruit category was set up so that fruit from smoothies could be included with the other fruit categories (Dried fruit and Fresh and canned fruit) to calculate total fruit consumption.

⁷ Smoothie fruit is included in Fruit g/day and Total fruit (not including juice) and vegetables g/day in Table 5.3. It is not reported separately.

⁸ Nuts are provided as a disaggregated variable in the NDNS dataset, however, nuts are not reported in table 5.3 of the main NDNS report.

⁹ Processed meat; no less than 30% meat having undergone any processing method other than boning, dicing, slicing, mincing, freezing

¹⁰ Muscle meat includes steak, mince, chops and roasting joints